

Hand Washing

How should I wash my hands “properly”?

Follow the steps below for a proper hand wash:

1. Wet hands with warm water.
2. Apply soap to hands and lather.
3. Ensure that you scrub between fingers, both the front and back of hands and the wrists. This should take approximately 25 seconds.
4. Rinse hands thoroughly.
5. Dry hands thoroughly with a paper towel.



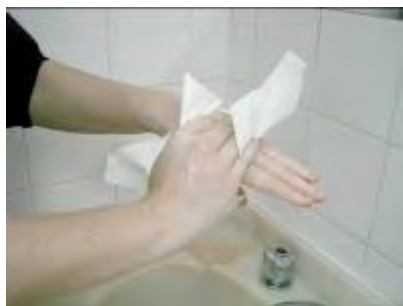
1 – Wet



2 & 3 - Lather and Scrub



4 - Rinse



5 - Dry



CLEAN!

When should I wash my hands?

Hands should be washed following the above steps when any of the below situations occur:

- Before working with any food or food preparation materials.
- When starting a new task such as finishing preparing meats and commencing preparing salad.
- After handling any raw foods especially meats.
- After using the toilet.
- After handling any garbage or waste.
- After smoking, sneezing or blowing your nose.
- After touching any part of your body such as your hair or face. These places hold lots of bacteria.
- After handling money, both coins and notes.